

indoor games, chess was the only one generally favored. Card-playing, more rarely dice, was sometimes indulged in, if used moderately and honestly, but both were usually frowned upon.¹ Elyot states in this connection, "Playing at cards and tables is some what more tollerable (than dice) only for as moche as therin wytte is more used and lesse truste is in fortune, all be hit therin is neither laudable study nor exercise.

"The chesse, of all games wherin is no bodily exercise, is mooste to be commended; for therin is right subtile engine, whereby the wytte is made more sharpe and remembrance quickened."² Dancing and music were favorites. Dancing was necessary for a gentleman at court. Lord Herbert of Cherbury Recommended dancing in terms that suggest Chesterfield, "that when he hath occasion to stir, his motions may be comely and graceful, that he may learn to know how to come in and go out of a room where company is, how to make courtesies handsomely, accordingly to the several degrees of persons he shall encounter, how to put off or hold his hat."³ Castiglione's courtier, "if he danceth in the presence of many and in a place full of people, he must keep a certain dignity, tempered notwithstanding with a handsome and slightly sweetness of gestures."⁴

Chesterfield believed pleasures were necessary and useful. They fashioned and formed one for the world, they taught one characters and shewed one the human heart in its unguarded minutes.⁵

1. *Doctrine of English Gentleman*, p 159.

2. *The Boke Named the Goverour*, p 111.

3. *Doctrine of English Gentleman*, p 160

4. *The Courtier*, p 105.

5. *Chesterfield's Letters to His Son*, p 143, Letter CXL.